

## WHO IS A RESPONSIBLE HEALTH CARE CONSUMER?

A responsible health care consumer is one who helps to control costs by learning about and wisely using his or her benefits. Most of you have experienced increases in your health care costs over the last several years – The State of Colorado health care costs are rising faster than our yearly budgets and the cost of living.

But there are steps you and the State of Colorado can take to help manage health care costs. You can start by taking an active role as health care consumer. Ask questions of your health care providers – your doctor, your nurse, your pharmacist. And take advantage of the powerful new resources described in this section.

### Useful Links

#### Alzheimer's

[Alzheimer's Disease and Related Disorders Association](#) 1-800-272-3900

#### AIDS

[CDC National AIDS Clearinghouse Hotline](#) English: 1-800-342-2437  
Spanish: 1-800-344-7432  
TTY: 1-800-243-7889

#### Alternative Medicine

[American Chiropractic Association](#) 1-800-986-4636

[Office of Alternative Medicine National Institutes of Health](#) 1-888-644-6226

#### Asthma and Allergy

[American Academy of Allergy Asthma & Immunology](#) 1-800-822-2762

[Asthma and Allergy Foundation of America](#) 1-800-727-6237

#### Cancer

[American Cancer Society](#) 1-800-227-2345

[National Cancer Institute Cancer Information Service](#) 1-800-422-6237

#### Diabetes

[American Diabetes Association \(ADA\)](#) 1-800-342-2383

[American Diabetes Association National Center](#) 1-800-232-3472

#### Disease/Condition

[American Heart Association](#) 1-800-242-8721

[American Liver Foundation](#) 1-800-223-0179

[American Lung Association](#) 1-800-586-4872

[American Parkinson Disease Association](#) 1-800-223-2732

[Arthritis Foundation](#) 1-800-283-7800

[Arthritis Today](#) 1-800-933-0032

[Cystic Fibrosis Foundation](#) 1-800-344-4823

[Epilepsy Foundation of America](#) 1-800-332-1000

<a href="#"><u>Hepatitis Foundation International</u></a>	1-800-891-0707
<a href="#"><u>Multiple Sclerosis Association of America</u></a>	1-800-532-7667
<a href="#"><u>Muscular Dystrophy Association</u></a>	1-800-572-1717
<a href="#"><u>National Easter Seals Society</u></a>	1-800-221-6827
<a href="#"><u>National Heart, Lung, and Blood Institute Heart Health Information Line</u></a>	1-800-575-9355
<a href="#"><u>National Kidney Foundation</u></a>	1-800-747-5527
<a href="#"><u>National Osteoporosis Foundation</u></a>	1-800-223-9994
<a href="#"><u>National Spinal Cord Injury Association</u></a>	1-800-962-9629
<a href="#"><u>National Stroke Association</u></a>	1-800-787-6537
<a href="#"><u>Sickle Cell Disease Association</u></a>	1-800-421-8453

### General Health

<a href="#"><u>Centers for Disease Control and Prevention (CDC)</u></a>	1-800-311-3435
<a href="#"><u>Healthfinder</u></a>	
<a href="#"><u>Medicare</u></a>	1-800-633-4227
<a href="#"><u>WebMD</u></a>	1-877-469-3263

### Hearing and Speech

<a href="#"><u>American Society for Deaf Children</u></a>	1-800-942-2732
<a href="#"><u>Better Hearing Institute</u></a>	1-800-EAR-WELL
<a href="#"><u>Dial A Hearing Screening Test</u></a>	1-800-222-3277

### Maternal and Child Health

<a href="#"><u>American Sudden Infant Death Syndrome Institute</u></a>	1-800-232-7437
<a href="#"><u>CDC Immunization Hotline</u></a>	English: 1-800-232-2522 Spanish: 1-800-232-0233
<a href="#"><u>March of Dimes Foundation</u></a>	1-888-663-4637

### Nutritional/Food Safety

<a href="#"><u>American Dietetic Association</u></a>	1-800-366-1655
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### Vision

<a href="#"><u>American Council of the Blind</u></a>	1-800-424-8666
<a href="#"><u>Better Vision Institute</u></a>	1-800-424-8422
<a href="#"><u>Braille Institute</u></a>	1-800-272-4553
<a href="#"><u>National Eye Health Education Program Nation Eye Institute</u></a>	1-301-496-5248